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UNITED STATES DEPARTMENT OF AGRICULTURE

Radio Service

OFFICE OF INFORMATION

119
Jan 3 4th

Housekeepers' Chat Fri., Nov. 18, 1927.

(NOT FOR PUBLICATION)

Subject: "Three Squares for the School Boy." Information, including menu and recipe, from the Bureau of Home Economics, U. S. Dept. of Agriculture.

NOTE: Please mention the radio cookbooks as often as you think it advisable, and forward all requests for same to this office. The books are mailed directly from Washington, under government frank, within two or three days after the requests are received here. Please remind your listeners again to write their full names and addresses, and not to send stamps or money for the cookbooks.

__ "Aunt Sammy"

--ooOoo---

Every true cook loves a hungry school boy. He gets so much enjoyment from his meals. He is so loud in his praise of good cooking. Indeed, it is very hard to resist the hungry youngster who bounds into the kitchen after school, rushes to the cupboard, and begs for a "chunk" of chocolate cake. By the way, have you ever succeeded in hiding a chocolate cake from a school boy? I never have, although I have hidden chocolate cakes in the most impossible of places.

As I said before, it is hard to resist a boy who wants a "chunk" of chocolate cake, or a fourth of a mince pie, before dinner. But a look into the future, when this boy is a man, may cause you to think twice, before you give him what he wants. The growing boy who fills his stomach with too many sweets, too many fats, and too much everything, may be a grouchy, temperamental invalid by the time he has reached middle age. The diabetes, dyspepsia, gout, and kidney disorders of late middle life, so prevalent in men, may sometimes be traced to the bad food habits of earlier days.

Very often, a boy shows the signs of poor nutrition before he reaches maturity. One of the hardest truths, for a person untrained in the principles of nutrition to believe, is that a boy can be under-nourished, when he gets plenty of food to eat. Mothers who have seen their boys eat so heartily that they seem literally to fill themselves up to the collar bone, are slow to understand how these same boys could be under-nourished. But a wise mother knows that good nutrition comes not alone from quantity; good nutrition depends also upon the quality of food, and the wise use of the foods needed to promote growth, development, and good health. We must provide the right sort of food to build firm flesh and muscles, to enlarge the bone structure, to keep the teeth whole and healthy, and to protect the body against certain diseases, caused by deficient diets.

It is fortunate that the growing boy has such a good appetite that he is not finicky. He is extremely fond of all wholesome food. Of course he may prefer sweets, if he has been allowed to acquire a taste for them; he may be "just crazy" about pies and cakes and other rich foods. But, given a choice between going hungry and eating the plain wholesome diet provided by a sensible mother, he will probably eat what is set before him.

The rapidly growing boy needs a large quantity of food, to help him grow, and to supply him with his boundless energy. He needs a great deal more food than do his younger brothers and sisters. A good sized boy of about fourteen requires approximately 3,000 calories, while his 8-year-old brother needs only about 1900 calories, and his 5-year-old sister about 1600. Since the boy is still growing, milk is particularly valuable to him. He needs at least a pint of milk a day. This may be served in vegetable and milk soups, in cocoa, bread puddings, and so forth, or it may be taken as a beverage. The boy in his teens also needs eggs, cooked cereals for breakfast, bread made from whole-grain flour, plenty of fruit, all kinds of vegetables (some of them served raw), a limited quantity of meat, and sweets only at the end of the meal. Foods which are not desirable for the young child, or for the boy in his teens, are coffee and tea, doughnuts, and other foods cooked in much fat. If he is well-fed at home, he will not want to spend money between meals for chocolate bars, ice cream cones, and "hot dogs." When he comes home from school, "simply starving to death," he should not have access to a pantry filled with rich cakes and pies. A boy hungry enough to need food between meals will enjoy bread and butter, fruit, or a glass of milk. In no case should he be allowed to dull his appetite, so that he does not enjoy his regular meals. It is very important that his needs be supplied, as far as possible, at regular meal hours, that he gets three square meals a day, and that he be encouraged to eat slowly, and chew thoroughly.

In just about three minutes, after I answer a question or two, I'll tell you what I mean by a square meal for a school boy. You can get your pencils and paper ready while I answer questions.

First question: "Do you think that it is harmful for a very young child to wear rompers, which have elastic bands around the legs?"

Elastic bands around the legs are not advisable, and cloth bands, that are tight enough to hold the garment above the knee, check surface circulation, in the child's legs. If the bands are looser, they allow the trouser legs to drop below the knee, and the child is constantly hitching them up. To avoid this annoyance, put the fullness in the width of the garment, rather than in the length. Then the bands need not be tight.

If you particularly want a knicker or blouse leg, you might make tightly knitted wool bands for the legs of rompers. The knitted bands have more elasticity than the cloth bands, and will stay above the knee without excessive binding. The blouse in this case should be in the length, so that the bands will not have to slide up.

Second question: "What are appropriate materials for children's rompers?"

Cotton materials are the most appropriate, as they will withstand frequent washing. The child under two should wear soft, smooth materials, such as gingham, cotton charmeuse, cotton crepe, sateen, prints, and fine broadcloth. The older child can wear such sturdy fabrics as galatea, khaki, gingham, suiting, or poplin. But whatever material you choose, for children's rompers, see that the neck, legs, and belt are loose. Tight bands reduce circulation, and may be the cause of irritability, and cold feet. Raglan sleeves, or kimono sleeves with a seam on the shoulder, allow the most freedom over the chest, and around

the armhole. A few gathers at the neckline provide fullness over the chest. The romper must be long enough through the crotch, so that it does not bind, as the child bends. If the romper is too tight, through the crotch, it will not only affect the posture of the child, but may also lead to bad habits.

That's enough about rompers for this time. Let's write today's menu, in our Radio Notebooks. By the way, I hope you are keeping a list of these menus, for your files. They are not in the cookbook.

This is the meal for today: Pot Roast; Browned Potatoes; Creamed Onions; Apple and Celery Salad with Toasted Crackers; Pickled Peaches; and Milk for the boy. Now I ask you, confidentially, isn't that what you'd call a square meal? The salad is made of raw apples and raw celery, and takes the place of an over-sweet concoction for dessert. But after a meal of Roast Beef, Browned Potatoes, Creamed Onions, and plenty of Bread and Butter, who wants a rich dessert?

A pot roast is one of the most satisfactory of meat dishes. Good cuts of meat for a pot roast are the rump, the round, and the chuck. With vegetables, and a salad or a dessert, we can make a wholesome, appetizing dinner, based on a pot roast.

To prepare the roast, first wipe the meat. Dredge it with flour, and salt. Then sear the meat -- that is, brown it in a little hot fat -- in an iron kettle. If desired, add a little onion to the fat in which the meat is seared. When the entire surface of the meat is browned, add hot water, cover the kettle tightly, and let the meat cook at a low temperature until tender. Turn the meat several times while it is cooking. Don't let it cook dry, but add only enough water to keep it from burning.

To repeat the menu: Pot Roast; Browned Potatoes; Creamed Onions; Apple and Celery Salad; with Toasted Crackers, and Milk.

We shall devote all of Monday's talk to Thanksgiving dinners and recipes, so please come prepared, with paper and pencils ready.